



PGE Grand Prix Puchar Polski
Warszawa, 18. - 19.10.2025

Event 12
18.10.2025 - 11:26

Men, 400m Medley

14 years and older
Results

Rekord Polski Open	4:03.20	WOJT Lukasz	POL	Berlin (GER)	14.11.2009
Rekord Polski 19 - 23	4:04.48	MATCZAK Mateusz		Gorzów Wlk	27.11.2009
Rekord Polski 18	4:08.01	PIELA Michał	01006	Bydgoszcz	30.11.2022
Rekord Polski 17	4:11.22	WĄGROWSKI Marcel	00505	Olsztyn	16.12.2016
Rekord Polski 16	4:12.62	WĄGROWSKI Marcel	00505	Lublin	18.12.2015
Rekord Polski 15	4:21.65	MIŁKOWSKI Mikołaj	04114	Gliwice	9.12.2022
Rekord Polski 14	4:24.79	WIRASZKA Piotr	05214	Poznan	8.12.2023

Points: AQUA 2025

Rank	YB										Time	Pts
OPEN												
1.	MAJOR Erik				07	MKS Park Wodny Tarnowskie Gory				4:24.76	697	
	50m:	28.01	28.01	150m:	1:35.62	34.68	250m:	2:47.85	37.59	350m:	3:56.95	30.11
	100m:	1:00.94	32.93	200m:	2:10.26	34.64	300m:	3:26.84	38.99	400m:	4:24.76	27.81
2.	TARCZYNSKI Bartosz				07	UKS 190 Lodz				4:25.01	695	
	50m:	28.17	28.17	150m:	1:36.86	36.21	250m:	2:47.98	36.97	350m:	3:55.73	32.00
	100m:	1:00.65	32.48	200m:	2:11.01	34.15	300m:	3:23.73	35.75	400m:	4:25.01	29.28
3.	HALKIEWICZ Maciej				08	UKS „Omega” Olkusz				4:27.17	678	
	50m:	27.91	27.91	150m:	1:36.18	34.73	250m:	2:49.35	39.03	350m:	3:58.40	30.44
	100m:	1:01.45	33.54	200m:	2:10.32	34.14	300m:	3:27.96	38.61	400m:	4:27.17	28.77
4.	POPIEL Mikolaj				06	KU AZS UMCS Lublin				4:27.52	676	
	50m:	28.15	28.15	150m:	1:35.75	35.03	250m:	2:48.52	38.18	350m:	3:58.34	31.36
	100m:	1:00.72	32.57	200m:	2:10.34	34.59	300m:	3:26.98	38.46	400m:	4:27.52	29.18
5.	GAJDA Jan				07	MKS Trojka Lodz				4:31.27	648	
	50m:	27.45	27.45	150m:	1:37.36	37.45	250m:	2:50.46	36.97	350m:	4:01.00	32.31
	100m:	59.91	32.46	200m:	2:13.49	36.13	300m:	3:28.69	38.23	400m:	4:31.27	30.27
6.	PAPUGA Grzegorz				11	UKS 190 Lodz				4:34.08	628	
	50m:	29.40	29.40	150m:	1:39.08	36.35	250m:	2:52.34	38.67	350m:	4:03.31	32.38
	100m:	1:02.73	33.33	200m:	2:13.67	34.59	300m:	3:30.93	38.59	400m:	4:34.08	30.77
7.	NIESTUJ Piotr				02	St. Lok. SALOS Cortile Kielce				4:41.16	582	
	50m:	29.07	29.07	150m:	1:39.75	36.17	250m:	2:55.83	39.99	350m:	4:10.49	33.12
	100m:	1:03.58	34.51	200m:	2:15.84	36.09	300m:	3:37.37	41.54	400m:	4:41.16	30.67
8.	DOŁOTA Iwo				09	St. KF KS „Fenix” Ozarow Mazowiecki				4:41.39	581	
	50m:	28.47	28.47	150m:	1:37.57	35.38	250m:	2:52.90	40.58	350m:	4:08.76	34.56
	100m:	1:02.19	33.72	200m:	2:12.32	34.75	300m:	3:34.20	41.30	400m:	4:41.39	32.63
9.	BORUSZEWSKI Filip				07	UKS SP-149 Lodz				4:42.15	576	
	50m:	28.71	28.71	150m:	1:40.07	37.23	250m:	2:56.44	39.53	350m:	4:10.40	33.01
	100m:	1:02.84	34.13	200m:	2:16.91	36.84	300m:	3:37.39	40.95	400m:	4:42.15	31.75
10.	KWIATKOWSKI Jan				10	UKS „GIM 92 Ursynow”				4:42.48	574	
	50m:	29.78	29.78	150m:	1:41.54	37.30	250m:	2:58.10	39.97	350m:	4:10.91	32.45
	100m:	1:04.24	34.46	200m:	2:18.13	36.59	300m:	3:38.46	40.36	400m:	4:42.48	31.57
11.	GRABOWSKI Wojciech				10	UKP „Polonia Warszawa”				4:43.08	570	
	50m:	30.36	30.36	150m:	1:44.14	38.37	250m:	2:59.48	37.97	350m:	4:11.98	33.95
	100m:	1:05.77	35.41	200m:	2:21.51	37.37	300m:	3:38.03	38.55	400m:	4:43.08	31.10
12.	ZDZIECHOWSKI Jan				10	MKS Trojka Lodz				4:43.54	567	
	50m:	31.14	31.14	150m:	1:41.70	34.52	250m:	2:57.24	42.11	350m:	4:12.34	33.50
	100m:	1:07.18	36.04	200m:	2:15.13	33.43	300m:	3:38.84	41.60	400m:	4:43.54	31.20
13.	SUSLIK Adam				11	UKS „GIM 92 Ursynow”				4:43.56	567	
	50m:	30.02	30.02	150m:	1:40.88	36.71	250m:	2:58.73	41.32	350m:	4:12.19	32.43
	100m:	1:04.17	34.15	200m:	2:17.41	36.53	300m:	3:39.76	41.03	400m:	4:43.56	31.37
14.	LUNOV Illia				08	MKS Park Wodny Tarnowskie Gory				4:43.68	567	
	50m:	29.02	29.02	150m:	1:41.01	37.92	250m:	2:56.63	38.86	350m:	4:10.18	34.16
	100m:	1:03.09	34.07	200m:	2:17.77	36.76	300m:	3:36.02	39.39	400m:	4:43.68	33.50
15.	LESLIAK Piotr				09	MKS Trojka Lodz				4:45.69	555	
	50m:	30.09	30.09	150m:	1:38.46	34.23	250m:	2:53.62	41.10	350m:	4:11.78	35.14
	100m:	1:04.23	34.14	200m:	2:12.52	34.06	300m:	3:36.64	43.02	400m:	4:45.69	33.91



PGE Grand Prix Puchar Polski
Warszawa, 18. - 19.10.2025

Event 12, Men, 400m Medley, OPEN

Rank				YB						Time	Pts
16.	PAWLAK Dawid			08	UKS 190 Lodz					4:45.95	553
	50m: 30.10	30.10	150m: 1:45.32	39.19	250m: 3:01.27	38.34	350m: 4:14.55	32.35			
	100m: 1:06.13	36.03	200m: 2:22.93	37.61	300m: 3:42.20	40.93	400m: 4:45.95	31.40			
17.	OSTASZEWSKI Szymon			10	UKS „GIM 92 Ursynow"					4:47.12	546
	50m: 29.74	29.74	150m: 1:41.77	37.07	250m: 3:00.05	41.34	350m: 4:15.10	33.46			
	100m: 1:04.70	34.96	200m: 2:18.71	36.94	300m: 3:41.64	41.59	400m: 4:47.12	32.02			
18.	TRUDNOS Ignacy			08	UKS 190 Lodz					4:48.24	540
	50m: 29.41	29.41	150m: 1:43.29	38.42	250m: 2:59.55	38.89	350m: 4:15.51	35.36			
	100m: 1:04.87	35.46	200m: 2:20.66	37.37	300m: 3:40.15	40.60	400m: 4:48.24	32.73			
19.	SOBCZYK Jan			11	MKS Jedyńka Lodz					4:48.95	536
	50m: 30.41	30.41	150m: 1:45.50	39.64	250m: 3:03.21	39.68	350m: 4:15.74	32.57			
	100m: 1:05.86	35.45	200m: 2:23.53	38.03	300m: 3:43.17	39.96	400m: 4:48.95	33.21			
20.	PRZESLAKIEWICZ Filip			10	IKS Konstancin					4:49.69	532
	50m: 30.23	30.23	150m: 1:45.72	39.57	250m: 3:04.58	41.10	350m: 4:18.66	33.53			
	100m: 1:06.15	35.92	200m: 2:23.48	37.76	300m: 3:45.13	40.55	400m: 4:49.69	31.03			
21.	MURAS Szymon			06	AZS AWF Katowice					4:50.54	527
	50m: 29.11	29.11	150m: 1:42.03	38.01	250m: 2:58.85	40.47	350m: 4:16.56	36.78			
	100m: 1:04.02	34.91	200m: 2:18.38	36.35	300m: 3:39.78	40.93	400m: 4:50.54	33.98			
22.	JANUS Filip			07	UKS Aquatica Pawlowice					4:51.76	521
	50m: 27.90	27.90	150m: 1:38.69	38.16	250m: 2:57.89	41.37	350m: 4:16.87	36.16			
	100m: 1:00.53	32.63	200m: 2:16.52	37.83	300m: 3:40.71	42.82	400m: 4:51.76	34.89			
23.	PARDO Kornel			10	UKS „Frog" Gizycko					4:52.39	517
	50m: 29.01	29.01	150m: 1:41.82	37.20	250m: 3:01.40	41.86	350m: 4:19.16	34.80			
	100m: 1:04.62	35.61	200m: 2:19.54	37.72	300m: 3:44.36	42.96	400m: 4:52.39	33.23			
24.	KLOC Maciej			08	UKS Fala Nieporet					4:52.99	514
	50m: 29.79	29.79	150m: 1:44.42	38.52	250m: 2:58.83	37.01	350m: 4:19.55	42.16			
	100m: 1:05.90	36.11	200m: 2:21.82	37.40	300m: 3:37.39	38.56	400m: 4:52.99	33.44			
25.	SKAWINSKI Aleksander			10	UKS 307 Warszawa					4:53.08	514
	50m: 30.13	30.13	150m: 1:42.23	36.96	250m: 3:00.98	41.52	350m: 4:19.79	36.20			
	100m: 1:05.27	35.14	200m: 2:19.46	37.23	300m: 3:43.59	42.61	400m: 4:53.08	33.29			
26.	PAKULA Patryk			08	UKS Shark Rudna					4:53.55	511
	50m: 29.88	29.88	150m: 1:43.23	38.63	250m: 3:04.35	43.79	350m: 4:22.06	32.94			
	100m: 1:04.60	34.72	200m: 2:20.56	37.33	300m: 3:49.12	44.77	400m: 4:53.55	31.49			
27.	KACZMAREK Dawid			10	MKS Trojka Lodz					4:54.50	506
	50m: 31.07	31.07	150m: 1:48.70	41.35	250m: 3:08.57	40.95	350m: 4:23.01	32.96			
	100m: 1:07.35	36.28	200m: 2:27.62	38.92	300m: 3:50.05	41.48	400m: 4:54.50	31.49			
28.	KOCIOLEK Leon			09	UKS NIKA Sport Team Krakow					4:54.81	505
	50m: 30.16	30.16	150m: 1:44.19	39.50	250m: 3:05.06	42.08	350m: 4:21.66	34.28			
	100m: 1:04.69	34.53	200m: 2:22.98	38.79	300m: 3:47.38	42.32	400m: 4:54.81	33.15			
29.	ZASADA Szymon			10	Sekcja Plywacka Meduza Pajeczno					4:55.52	501
	50m: 31.61	31.61	150m: 1:46.30	37.41	250m: 3:07.22	44.46	350m: 4:24.23	32.93			
	100m: 1:08.89	37.28	200m: 2:22.76	36.46	300m: 3:51.30	44.08	400m: 4:55.52	31.29			
30.	DRELICH Mateusz			09	MKS Trojka Lodz					4:57.72	490
	50m: 30.41	30.41	150m: 1:47.22	41.65	250m: 3:09.56	41.69	350m: 4:25.35	33.53			
	100m: 1:05.57	35.16	200m: 2:27.87	40.65	300m: 3:51.82	42.26	400m: 4:57.72	32.37			
31.	ROZUMEK Jan			09	Stowarzyszenie Solne Miasto Wieliczka					4:58.47	486
	50m: 29.96	29.96	150m: 1:42.10	36.68	250m: 3:01.07	42.82	350m: 4:23.49	37.43			
	100m: 1:05.42	35.46	200m: 2:18.25	36.15	300m: 3:46.06	44.99	400m: 4:58.47	34.98			
32.	MENDAKIEWICZ Mikołaj			11	UKS 190 Lodz					4:59.12	483
	50m: 31.40	31.40	150m: 1:46.56	38.50	250m: 3:06.94	43.13	350m: 4:26.01	35.39			
	100m: 1:08.06	36.66	200m: 2:23.81	37.25	300m: 3:50.62	43.68	400m: 4:59.12	33.11			
33.	MADEY Ryszard			08	UKS GOS Raszyn					4:59.83	480
	50m: 30.27	30.27	150m: 1:44.33	38.52	250m: 3:06.35	44.19	350m: 4:26.42	35.84			
	100m: 1:05.81	35.54	200m: 2:22.16	37.83	300m: 3:50.58	44.23	400m: 4:59.83	33.41			



PGE Grand Prix Puchar Polski
Warszawa, 18. - 19.10.2025

Event 12, Men, 400m Medley, OPEN

Rank			YB						Time	Pts
34.	BEDYNSKI Jakub		11	MKS „Jagiellonka” Warszawa					4:59.97	479
	50m: 30.80	30.80	150m: 1:45.44	38.75	250m: 3:08.50	44.62	350m: 4:27.67	33.49		
	100m: 1:06.69	35.89	200m: 2:23.88	38.44	300m: 3:54.18	45.68	400m: 4:59.97	32.30		
35.	DOMINEK Michal		11	UKS NIKA Sport Team Krakow					5:01.57	472
	50m: 30.84	30.84	150m: 1:46.05	37.92	250m: 3:07.30	43.63	350m: 4:27.75	36.00		
	100m: 1:08.13	37.29	200m: 2:23.67	37.62	300m: 3:51.75	44.45	400m: 5:01.57	33.82		
36.	BARYCKI Fryderyk		11	UKP „Polonia Warszawa”					5:06.95	447
	50m: 33.21	33.21	150m: 1:51.35	39.74	250m: 3:13.25	42.43	350m: 4:32.21	35.51		
	100m: 1:11.61	38.40	200m: 2:30.82	39.47	300m: 3:56.70	43.45	400m: 5:06.95	34.74		
37.	LISOWSKI Wojciech		10	IKS Konstancin					5:12.55	424
	50m: 29.94	29.94	150m: 1:49.74	41.29	250m: 3:12.52	42.61	350m: 4:35.32	38.23		
	100m: 1:08.45	38.51	200m: 2:29.91	40.17	300m: 3:57.09	44.57	400m: 5:12.55	37.23		
38.	NOWAKOWSKI Aleksander		11	IKS Konstancin					5:20.34	393
	50m: 31.68	31.68	150m: 1:52.83	42.79	250m: 3:19.40	44.87	350m: 4:43.19	37.58		
	100m: 1:10.04	38.36	200m: 2:34.53	41.70	300m: 4:05.61	46.21	400m: 5:20.34	37.15		
DSQ	ZAMIARA Jan		10	IKS Konstancin						
	<i>K15 - Pływak nie dotknął ściany dwiema dłońmi przy nawrocie lub na zakończeniu wyścigu.</i>									
	50m: 32.98	32.98	150m: 1:57.06	43.11	250m: 3:32.49	52.98	350m: 5:05.36	39.04		
	100m: 1:13.95	40.97	200m: 2:39.51	42.45	300m: 4:26.32	53.83	400m:			
DSQ	PALMOWSKI Jakub		11	UKS SP-149 Lodz						
	<i>K16 - Pływak dotknął ścianę nierównocześnie dwiema dłońmi przy nawrocie lub na zakończeniu wyścigu.</i>									
	50m: 32.87	32.87	150m: 1:54.08	41.98	250m: 3:20.17	45.85	350m: 4:42.81	36.50		
	100m: 1:12.10	39.23	200m: 2:34.32	40.24	300m: 4:06.31	46.14	400m:			

17 - 18 years

1.	MAJOR Erik		07	MKS Park Wodny Tarnowskie Gory					4:24.76	697
	50m: 28.01	28.01	150m: 1:35.62	34.68	250m: 2:47.85	37.59	350m: 3:56.95	30.11		
	100m: 1:00.94	32.93	200m: 2:10.26	34.64	300m: 3:26.84	38.99	400m: 4:24.76	27.81		
2.	TARCZYNSKI Bartosz		07	UKS 190 Lodz					4:25.01	695
	50m: 28.17	28.17	150m: 1:36.86	36.21	250m: 2:47.98	36.97	350m: 3:55.73	32.00		
	100m: 1:00.65	32.48	200m: 2:11.01	34.15	300m: 3:23.73	35.75	400m: 4:25.01	29.28		
3.	HALKIEWICZ Maciej		08	UKS „Omega” Olkusz					4:27.17	678
	50m: 27.91	27.91	150m: 1:36.18	34.73	250m: 2:49.35	39.03	350m: 3:58.40	30.44		
	100m: 1:01.45	33.54	200m: 2:10.32	34.14	300m: 3:27.96	38.61	400m: 4:27.17	28.77		
4.	GAJDA Jan		07	MKS Trojka Lodz					4:31.27	648
	50m: 27.45	27.45	150m: 1:37.36	37.45	250m: 2:50.46	36.97	350m: 4:01.00	32.31		
	100m: 59.91	32.46	200m: 2:13.49	36.13	300m: 3:28.69	38.23	400m: 4:31.27	30.27		
5.	BORUSZEWSKI Filip		07	UKS SP-149 Lodz					4:42.15	576
	50m: 28.71	28.71	150m: 1:40.07	37.23	250m: 2:56.44	39.53	350m: 4:10.40	33.01		
	100m: 1:02.84	34.13	200m: 2:16.91	36.84	300m: 3:37.39	40.95	400m: 4:42.15	31.75		
6.	LUNOV Illia		08	MKS Park Wodny Tarnowskie Gory					4:43.68	567
	50m: 29.02	29.02	150m: 1:41.01	37.92	250m: 2:56.63	38.86	350m: 4:10.18	34.16		
	100m: 1:03.09	34.07	200m: 2:17.77	36.76	300m: 3:36.02	39.39	400m: 4:43.68	33.50		
7.	PAWLAK Dawid		08	UKS 190 Lodz					4:45.95	553
	50m: 30.10	30.10	150m: 1:45.32	39.19	250m: 3:01.27	38.34	350m: 4:14.55	32.35		
	100m: 1:06.13	36.03	200m: 2:22.93	37.61	300m: 3:42.20	40.93	400m: 4:45.95	31.40		
8.	TRUDNOS Ignacy		08	UKS 190 Lodz					4:48.24	540
	50m: 29.41	29.41	150m: 1:43.29	38.42	250m: 2:59.55	38.89	350m: 4:15.51	35.36		
	100m: 1:04.87	35.46	200m: 2:20.66	37.37	300m: 3:40.15	40.60	400m: 4:48.24	32.73		
9.	JANUS Filip		07	UKS Aquatica Pawlowice					4:51.76	521
	50m: 27.90	27.90	150m: 1:38.69	38.16	250m: 2:57.89	41.37	350m: 4:16.87	36.16		
	100m: 1:00.53	32.63	200m: 2:16.52	37.83	300m: 3:40.71	42.82	400m: 4:51.76	34.89		



PGE Grand Prix Puchar Polski
Warszawa, 18. - 19.10.2025

Event 12, Boys, 400m Medley, 17 - 18 years

Rank				YB					Time	Pts
10.	KLOC Maciej			08	UKS Fala Nieporet				4:52.99	514
	50m: 29.79	29.79	150m: 1:44.42	38.52	250m: 2:58.83	37.01	350m: 4:19.55	42.16		
	100m: 1:05.90	36.11	200m: 2:21.82	37.40	300m: 3:37.39	38.56	400m: 4:52.99	33.44		
11.	PAKULA Patryk			08	UKS Shark Rudna				4:53.55	511
	50m: 29.88	29.88	150m: 1:43.23	38.63	250m: 3:04.35	43.79	350m: 4:22.06	32.94		
	100m: 1:04.60	34.72	200m: 2:20.56	37.33	300m: 3:49.12	44.77	400m: 4:53.55	31.49		
12.	MADEY Ryszard			08	UKS GOS Raszyn				4:59.83	480
	50m: 30.27	30.27	150m: 1:44.33	38.52	250m: 3:06.35	44.19	350m: 4:26.42	35.84		
	100m: 1:05.81	35.54	200m: 2:22.16	37.83	300m: 3:50.58	44.23	400m: 4:59.83	33.41		

16 years

1.	DOLOTA Iwo			09	St. KF KS „Fenix” Ozarow Mazowiecki				4:41.39	581
	50m: 28.47	28.47	150m: 1:37.57	35.38	250m: 2:52.90	40.58	350m: 4:08.76	34.56		
	100m: 1:02.19	33.72	200m: 2:12.32	34.75	300m: 3:34.20	41.30	400m: 4:41.39	32.63		
2.	LESIAK Piotr			09	MKS Trojka Lodz				4:45.69	555
	50m: 30.09	30.09	150m: 1:38.46	34.23	250m: 2:53.62	41.10	350m: 4:11.78	35.14		
	100m: 1:04.23	34.14	200m: 2:12.52	34.06	300m: 3:36.64	43.02	400m: 4:45.69	33.91		
3.	KOCIOLEK Leon			09	UKS NIKA Sport Team Krakow				4:54.81	505
	50m: 30.16	30.16	150m: 1:44.19	39.50	250m: 3:05.06	42.08	350m: 4:21.66	34.28		
	100m: 1:04.69	34.53	200m: 2:22.98	38.79	300m: 3:47.38	42.32	400m: 4:54.81	33.15		
4.	DRELICH Mateusz			09	MKS Trojka Lodz				4:57.72	490
	50m: 30.41	30.41	150m: 1:47.22	41.65	250m: 3:09.56	41.69	350m: 4:25.35	33.53		
	100m: 1:05.57	35.16	200m: 2:27.87	40.65	300m: 3:51.82	42.26	400m: 4:57.72	32.37		
5.	ROZUMEK Jan			09	Stowarzyszenie Solne Miasto Wieliczka				4:58.47	486
	50m: 29.96	29.96	150m: 1:42.10	36.68	250m: 3:01.07	42.82	350m: 4:23.49	37.43		
	100m: 1:05.42	35.46	200m: 2:18.25	36.15	300m: 3:46.06	44.99	400m: 4:58.47	34.98		

15 years

1.	KWIATKOWSKI Jan			10	UKS „GIM 92 Ursynow”				4:42.48	574
	50m: 29.78	29.78	150m: 1:41.54	37.30	250m: 2:58.10	39.97	350m: 4:10.91	32.45		
	100m: 1:04.24	34.46	200m: 2:18.13	36.59	300m: 3:38.46	40.36	400m: 4:42.48	31.57		
2.	GRABOWSKI Wojciech			10	UKP „Polonia Warszawa”				4:43.08	570
	50m: 30.36	30.36	150m: 1:44.14	38.37	250m: 2:59.48	37.97	350m: 4:11.98	33.95		
	100m: 1:05.77	35.41	200m: 2:21.51	37.37	300m: 3:38.03	38.55	400m: 4:43.08	31.10		
3.	ZDZIECHOWSKI Jan			10	MKS Trojka Lodz				4:43.54	567
	50m: 31.14	31.14	150m: 1:41.70	34.52	250m: 2:57.24	42.11	350m: 4:12.34	33.50		
	100m: 1:07.18	36.04	200m: 2:15.13	33.43	300m: 3:38.84	41.60	400m: 4:43.54	31.20		
4.	OSTASZEWSKI Szymon			10	UKS „GIM 92 Ursynow”				4:47.12	546
	50m: 29.74	29.74	150m: 1:41.77	37.07	250m: 3:00.05	41.34	350m: 4:15.10	33.46		
	100m: 1:04.70	34.96	200m: 2:18.71	36.94	300m: 3:41.64	41.59	400m: 4:47.12	32.02		
5.	PRZESLAKIEWICZ Filip			10	IKS Konstancin				4:49.69	532
	50m: 30.23	30.23	150m: 1:45.72	39.57	250m: 3:04.58	41.10	350m: 4:18.66	33.53		
	100m: 1:06.15	35.92	200m: 2:23.48	37.76	300m: 3:45.13	40.55	400m: 4:49.69	31.03		
6.	PARDO Kornel			10	UKS „Frog” Gizycko				4:52.39	517
	50m: 29.01	29.01	150m: 1:41.82	37.20	250m: 3:01.40	41.86	350m: 4:19.16	34.80		
	100m: 1:04.62	35.61	200m: 2:19.54	37.72	300m: 3:44.36	42.96	400m: 4:52.39	33.23		
7.	SKAWINSKI Aleksander			10	UKS 307 Warszawa				4:53.08	514
	50m: 30.13	30.13	150m: 1:42.23	36.96	250m: 3:00.98	41.52	350m: 4:19.79	36.20		
	100m: 1:05.27	35.14	200m: 2:19.46	37.23	300m: 3:43.59	42.61	400m: 4:53.08	33.29		
8.	KACZMAREK Dawid			10	MKS Trojka Lodz				4:54.50	506
	50m: 31.07	31.07	150m: 1:48.70	41.35	250m: 3:08.57	40.95	350m: 4:23.01	32.96		
	100m: 1:07.35	36.28	200m: 2:27.62	38.92	300m: 3:50.05	41.48	400m: 4:54.50	31.49		



PGE Grand Prix Puchar Polski
Warszawa, 18. - 19.10.2025

Event 12, Boys, 400m Medley, 15 years

Rank	YB				Time				Pts
9.	ZASADA Szymon	10	Sekcja Plywacka Meduza Pajeczno		4:55.52				501
	50m: 31.61 31.61	150m: 1:46.30 37.41	250m: 3:07.22 44.46	350m: 4:24.23 32.93					
	100m: 1:08.89 37.28	200m: 2:22.76 36.46	300m: 3:51.30 44.08	400m: 4:55.52 31.29					
10.	LISOWSKI Wojciech	10	IKS Konstancin		5:12.55				424
	50m: 29.94 29.94	150m: 1:49.74 41.29	250m: 3:12.52 42.61	350m: 4:35.32 38.23					
	100m: 1:08.45 38.51	200m: 2:29.91 40.17	300m: 3:57.09 44.57	400m: 5:12.55 37.23					
DSQ	ZAMIARA Jan	10	IKS Konstancin						
	<i>K15 - Pływak nie dotknął ściany dwiema dłońmi przy nawrocie lub na zakończeniu wyścigu.</i>								
	50m: 32.98 32.98	150m: 1:57.06 43.11	250m: 3:32.49 52.98	350m: 5:05.36 39.04					
	100m: 1:13.95 40.97	200m: 2:39.51 42.45	300m: 4:26.32 53.83	400m:					

14 years

1.	PAPUGA Grzegorz	11	UKS 190 Lodz		4:34.08				628
	50m: 29.40 29.40	150m: 1:39.08 36.35	250m: 2:52.34 38.67	350m: 4:03.31 32.38					
	100m: 1:02.73 33.33	200m: 2:13.67 34.59	300m: 3:30.93 38.59	400m: 4:34.08 30.77					
2.	SUSLIK Adam	11	UKS „GIM 92 Ursynow"		4:43.56				567
	50m: 30.02 30.02	150m: 1:40.88 36.71	250m: 2:58.73 41.32	350m: 4:12.19 32.43					
	100m: 1:04.17 34.15	200m: 2:17.41 36.53	300m: 3:39.76 41.03	400m: 4:43.56 31.37					
3.	SOBCZYK Jan	11	MKS Jedyńka Lodz		4:48.95				536
	50m: 30.41 30.41	150m: 1:45.50 39.64	250m: 3:03.21 39.68	350m: 4:15.74 32.57					
	100m: 1:05.86 35.45	200m: 2:23.53 38.03	300m: 3:43.17 39.96	400m: 4:48.95 33.21					
4.	MENDAKIEWICZ Mikołaj	11	UKS 190 Lodz		4:59.12				483
	50m: 31.40 31.40	150m: 1:46.56 38.50	250m: 3:06.94 43.13	350m: 4:26.01 35.39					
	100m: 1:08.06 36.66	200m: 2:23.81 37.25	300m: 3:50.62 43.68	400m: 4:59.12 33.11					
5.	BEDYNSKI Jakub	11	MKS „Jagiellonka" Warszawa		4:59.97				479
	50m: 30.80 30.80	150m: 1:45.44 38.75	250m: 3:08.50 44.62	350m: 4:27.67 33.49					
	100m: 1:06.69 35.89	200m: 2:23.88 38.44	300m: 3:54.18 45.68	400m: 4:59.97 32.30					
6.	DOMINEK Michał	11	UKS NIKA Sport Team Krakow		5:01.57				472
	50m: 30.84 30.84	150m: 1:46.05 37.92	250m: 3:07.30 43.63	350m: 4:27.75 36.00					
	100m: 1:08.13 37.29	200m: 2:23.67 37.62	300m: 3:51.75 44.45	400m: 5:01.57 33.82					
7.	BARYCKI Fryderyk	11	UKP „Polonia Warszawa"		5:06.95				447
	50m: 33.21 33.21	150m: 1:51.35 39.74	250m: 3:13.25 42.43	350m: 4:32.21 35.51					
	100m: 1:11.61 38.40	200m: 2:30.82 39.47	300m: 3:56.70 43.45	400m: 5:06.95 34.74					
8.	NOWAKOWSKI Aleksander	11	IKS Konstancin		5:20.34				393
	50m: 31.68 31.68	150m: 1:52.83 42.79	250m: 3:19.40 44.87	350m: 4:43.19 37.58					
	100m: 1:10.04 38.36	200m: 2:34.53 41.70	300m: 4:05.61 46.21	400m: 5:20.34 37.15					
DSQ	PALMOWSKI Jakub	11	UKS SP-149 Lodz						
	<i>K16 - Pływak dotknął ścianę nierównocześnie dwiema dłońmi przy nawrocie lub na zakończeniu wyścigu.</i>								
	50m: 32.87 32.87	150m: 1:54.08 41.98	250m: 3:20.17 45.85	350m: 4:42.81 36.50					
	100m: 1:12.10 39.23	200m: 2:34.32 40.24	300m: 4:06.31 46.14	400m:					